

Different Learning Styles



Which learning styles do you prefer?

Learning is the act of acquiring new knowledge or modifying & reinforcing existing knowledge, behaviour, skills, values, or preferences.

Progress over time tends to follow a learning curve. Learning does not happen all at once, but it builds upon and is shaped by previous knowledge. Therefore, learning maybe viewed as a process.

If you identify the best way you learn, it helps you to be more effective in your studying.

1. Kinesthetic

- Using hands or body
- Sense of touch

2. Auditory

- Using sound or music
- Audio books
- Recordings

3. Verbal

- Speech
- Writing

4. Visual

- Using hands or eyes
- Sense of touch and sight

5. Social

- Group learning
- Group activities

6. Solitary

- Self-study
- Parent to child